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ST. PETER'S
HOSPITAL



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GOVERNMENT DOCUMENTS

ST. PETER'S HOSPITAL

FOR ALMOST A CENTURY, ST. PETER'S HOSPITAL has been providing care to the elderly of Hamilton-Wentworth. As a progressive 284-bed teaching hospital affiliated with McMaster University, St. Peter's offers a broad range of inpatient, outpatient and day hospital programs and coordinates a number of outreach services to the community.

St. Peter's emphasizes wellness. In the modern facilities and positive environment of the Hospital, seniors are helped to regain their independence

through reactivation of mental and physical capabilities lost through illness or accident.

Hospital staff work in interdisciplinary teams which include health professionals from medicine, nursing, physiotherapy, occupational therapy, speech and language pathology, therapeutic recreation, pharmacy, social work, nutrition,

chiropody and pastoral care. Families are important members of the health care team, providing valuable support to patients and assisting them in making informed decisions about their care needs.

The Hospital's inpatient programs include reactivation, chronic care, major

medical care, palliative care, non-ambulatory and ambulatory psychogeriatrics, and respite care. Its 35-place Day Hospital offers individualized programs of therapeutic services to the elderly living in the community. Other services include a seating clinic, a



chiropody service, and a hairdressing service for the frail elderly. St. Peter's takes pride in its 99-year tradition of service. Combined with a commitment to excellence and a results-oriented approach to care, it forms the foundation for a new era of health care delivery and a second century of service to the community.

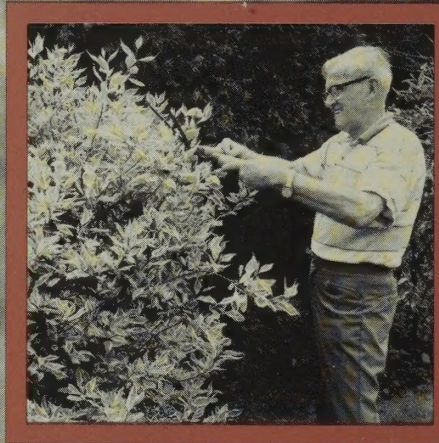
“REACTIVATION” IS A METHOD OF HELPING PATIENTS
with the potential for recovery regain mental and physical
capabilities lost through accident or disease.

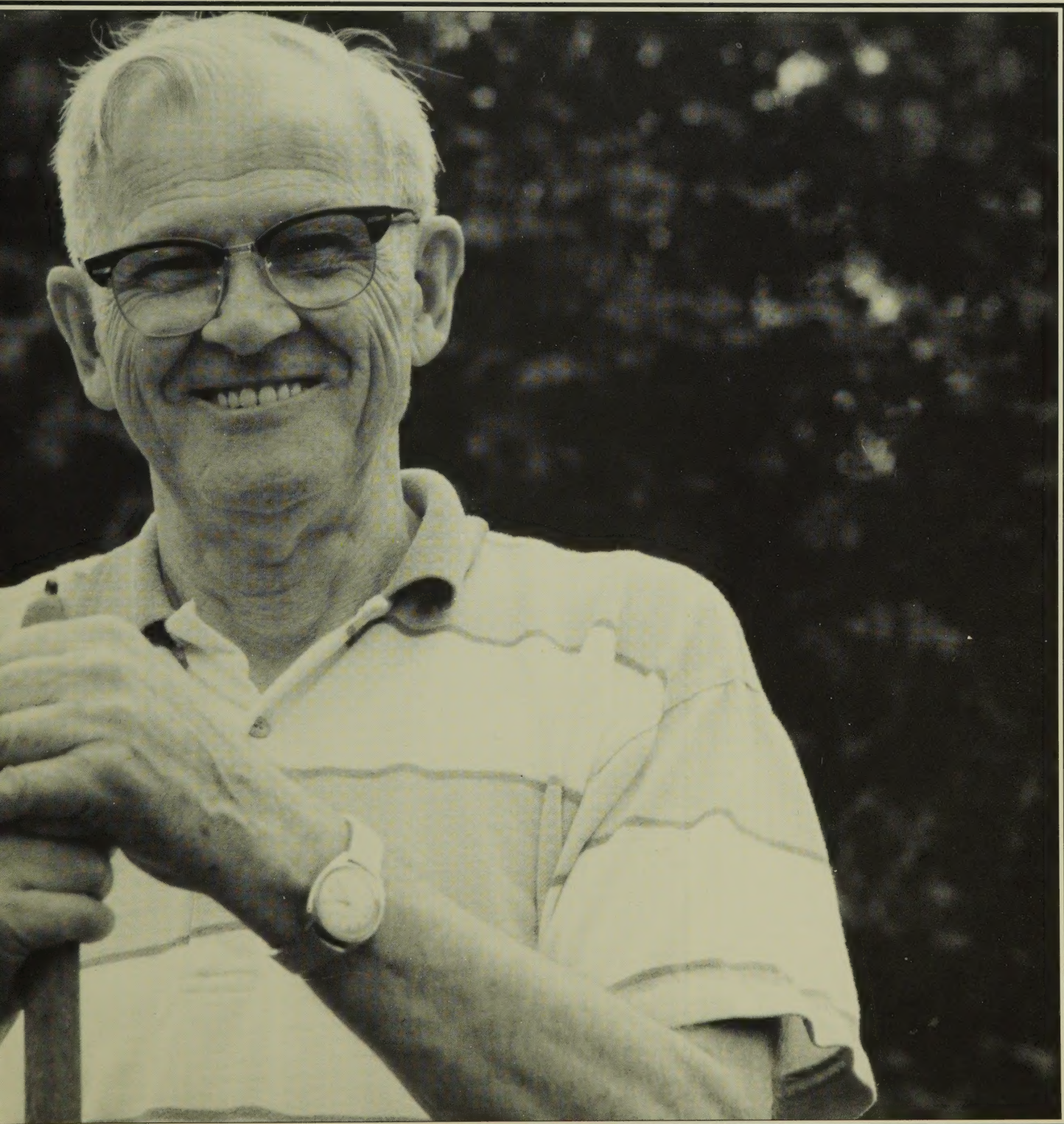
WHEN DAVID HAMILTON HAD HIS MASSIVE heart attack and stroke, his family thought he would never see his garden again. Unable to walk, talk, or respond when he arrived at St. Peter's, David was assessed by the various professional staff who form the Hospital's rehabilitation team. With their guidance, he started an individualized program of intensive therapy.

David, his family, and the Hospital staff worked hard together as a team, evaluating progress, making modifications as David improved, and encouraging each other throughout the treatment.

Today David is home again, not quite as agile as before, but feeling well, walking without aids, working in his beloved garden, and enjoying life with his family.

David's story is not unique. The success rate is high at St. Peter's. Patients work hard at intensive, individualized programs of therapy to regain function, and many are able to leave hospital and return to the community.





STAFF HELP PATIENTS WITH COMPLEX ILLNESSES
*or severe disabilities increase their independence and fulfill
their social and emotional needs.*

EVERY DAY ARTIST KAY BEAMER DOES battle with a disabling disease. This illness could be devastating, but Kay doesn't let it stop her. With the help of Hospital staff, who developed assistive devices for her to use, she paints and creates exquisite decorated cards sought after in the community.

For those patients who have major medical problems or require palliative care, St. Peter's provides a warm, supportive environment. Families, patients and staff become partners in care, sharing in the decision-making process and the consideration of ethical issues.

For patients with memory loss, the world can be a confusing place. Hospital staff remove stressful elements from the environment, evaluate medications, and reinforce positive activities to help patients and their families.







FAMILIES ARE VERY IMPORTANT
*members of the health care team. Their knowledge and insights
provide important information in decision making about patient care.*



GRACE CAMPBELL KNOWS THE IMPORTANCE of “family.” She and her family emigrated to Canada from England back in 1912 with seven dollars in their pocket and a vision of a better life. When Grace turned 100 last Christmas Eve, sons George, now 85, and Donald, 81, were at a party at St. Peter’s with a gathering of more than 70 of Grace’s descendants, including 38 great grandchildren and one great great grandchild.

St. Peter’s families are key members of the health care team. Staff involve them in decisions which affect the patient’s quality of life. Their knowledge of the patient and their insights help ensure that care and treatment are directed in the patient’s best interests.

Families are a support for patients, helping them make informed decisions about their care, bolstering their sense of worth, and encouraging them to reach their highest possible level of independent living.

The support role is difficult, and families face many changes and challenges in their own personal lives. To acknowledge the complexity of this role, St. Peter’s held a tribute week for families, scheduling events where they, and staff, could compare experiences and exchange perspectives.

EVERY DAY, SENIORS LIVING INDEPENDENTLY
*in the community attend the Day Hospital for
individualized programs of therapy.*

FERN HUNTER LIVES AT HOME.

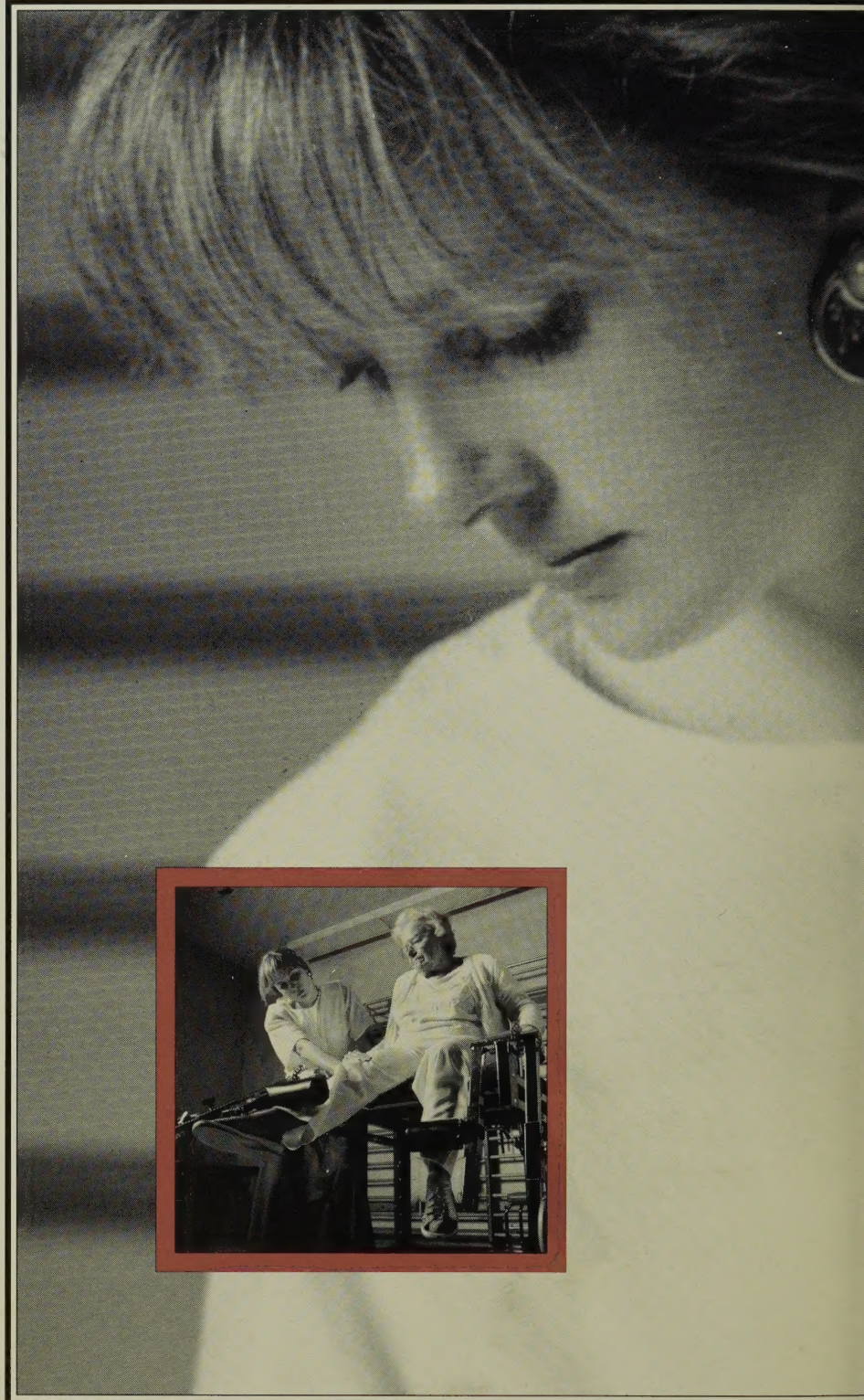
Two days a week, she attends the Day Hospital where, with the help of physiotherapist Nancy Miller and a large team of specialists in rehabilitation, she is finding new ways to reactivate capabilities lost through medical problems.

In addition to physiotherapy, Fern participates in a carefully planned program of occupational therapy enriched with therapeutic recreation and the opportunity for social relaxation with others.

Fern uses a wheelchair specially modified by the staff of the Seating Clinic. Chiropodists keep her feet in good shape. Medications and special physical needs are monitored by pharmacists, doctors and nurses.

It's not easy to adjust to disability. Fern and her family sometimes talk over problems with a Day Hospital social worker and other clients.

Fern's fighting hard to get her independence back. With the backing of her family and the Day Hospital, she is beginning to feel well enough to resume life's pleasurable activities.





INNOVATION CHARACTERIZES ST. PETER'S
*approach, resulting in precedent-setting activities like the First
Hamilton Adaptive Senior Games.*

DOROTHY LUXTON LOOKS UP FROM the table shuffleboard event where she and fellow Day Hospital client, Bill Carrick, have been competing for a medal during the Adaptive Senior Games.

The Adaptive Games were modelled on the Ontario Senior Games and were the first of their kind to be held in Canada for the disabled elderly. Seniors – some in wheelchairs, some with canes or walkers – came to the Games from geriatric programs in three cities to compete for highly-prized gold, silver and bronze medals.

Featured events were table shuffleboard and adaptive bowling, which the Ontario Senior Games coordinator called models to develop and take across the province.

The Adaptive Games exemplify St. Peter's approach to aging. By taking a new look at the meaning of wellness, the Hospital is helping the elderly to find new ways of participating and discovering their "personal best."







BY INTEGRATING HOSPITAL SERVICES
with support services in the community, St. Peter's helps seniors
get needed assistance to remain in their homes.



“MEALS ON WHEELS” HELPS MAKE it possible for Dorothy Leman to live independently in her own home. Dorothy’s fragile bones break easily, and she can no longer lift the utensils she needs to prepare her own meals.

Each day at noon, a volunteer with the Victorian Order of Nurses’ “Meals on Wheels” program brings a set of insulated containers to Dorothy’s home in Hamilton’s east end. The containers hold a full-course hot dinner from the kitchens of St. Peter’s Hospital, where food services staff prepare more than 68,000 meals a year for the V.O.N. program.

To the homebound unable to prepare their own food, a hot meal delivered to the door can mean the difference between illness and wellness. “Meals on Wheels”, a community support service administered by the Victorian Order of Nurses and staffed by V.O.N. volunteers, is one of the many services in which St. Peter’s works hand in hand with community groups to support seniors in their homes.

AS PART OF THE FABRIC OF THE COMMUNITY,
*St. Peter's establishes mutually beneficial partnerships with
neighbouring institutions.*

PATIENT ELSIE RASON SHARES A SPECIAL moment with young Keely Fawcett and Cheryl Main. Together with student Cheryl Main, she and Keely have been baking goodies for a garden party to inaugurate a hospital/school "Partners in Education" program between St. Peter's Hospital and Scott Park Secondary School, where Cheryl is president of the Catering Club.

"Partners in Education" is a province-wide program linking secondary schools with business, industry and community services. Sponsored by the Industry-Education Council of each region, the program benefits partners through the sharing of services, facilities and expertise, and the provision of meaningful educational opportunities for students.

Like the "Children's Hour" that brings Keely to the Hospital to visit patients, the "Partners in Education" program builds bridges between generations.





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